

NUT205 Public Health Nutrition**School:** School of Health - Nutrition and Dietetics

2025 | Semester 2

UniSC Sunshine Coast
UniSC Moreton Bay**BLENDED
LEARNING**

Most of your course is on campus but you may be able to do some components of this course online.

Please go to usc.edu.au for up to date information on the teaching sessions and campuses where this course is usually offered.

1. What is this course about?**1.1. Description**

In this course you will be introduced to the discipline and practice of Public Health Nutrition (PHN). You will develop values, knowledge and skills needed for work in this field, with a focus on evidence based practice and the first phase of the PHN intervention management cycle. A socio-ecological lens will underpin practice frameworks to provide the basis for exploring PHN, needs assessment, determinant and stakeholder analysis, and community engagement.

1.2. How will this course be delivered?

ACTIVITY	HOURS	BEGINNING WEEK	FREQUENCY
BLENDED LEARNING			
Tutorial/Workshop 1 – Workshop	2hrs	Week 1	13 times
Learning materials – A combination of pre-recorded videos, readings and associated activities.	2hrs	Week 1	13 times

1.3. Course Topics

- Introduction to public health nutrition practice theory
- Orienting practice within the socio-ecological framework
- Evidence based practice in public health nutrition
- Analysis of and intelligence gathering for public health nutrition issues
- Determinant analysis, stakeholder analysis and community engagement
- Needs assessment process in public health nutrition practice

2. What level is this course?

200 Level (Developing)

Building on and expanding the scope of introductory knowledge and skills, developing breadth or depth and applying knowledge and skills in a new context. May require pre-requisites where discipline specific introductory knowledge or skills is necessary. Normally, undertaken in the second or third full-time year of an undergraduate programs.

3. What is the unit value of this course?

12 units

4. How does this course contribute to my learning?

COURSE LEARNING OUTCOMES		GRADUATE QUALITIES
On successful completion of this course, you should be able to...		Completing these tasks successfully will contribute to you becoming...
1	Apply theory underpinning public health nutrition practice and examine the multidimensional determinants of public health nutrition issues	Knowledgeable Empowered
2	Apply systems thinking to examine factors that impact the nutrition and health of Aboriginal and Torres Strait Islander peoples	Empowered Ethical Engaged
3	Design a search strategy and systematically acquire and appraise research relevant to a specific public health nutrition issue	Creative and critical thinker
4	Apply appropriate methods at a population level to evaluate community needs and prioritise public health nutrition practice	Empowered Engaged
5	Demonstrate effective communication skills and competently integrate the use of appropriate technologies	Communication Applying technologies

5. Am I eligible to enrol in this course?

Refer to the [UniSC Glossary of terms](#) for definitions of “pre-requisites, co-requisites and anti-requisites”.

5.1. Pre-requisites

(NUT211 or NUT102) and PUB112

5.2. Co-requisites

Not applicable

5.3. Anti-requisites

Not applicable

5.4. Specific assumed prior knowledge and skills (where applicable)

It is assumed that students will have prior knowledge of sociocultural aspects of nutrition, Australian food systems, and public health theory & methodology.

6. How am I going to be assessed?

6.1. Grading Scale

Standard Grading (GRD)

High Distinction (HD), Distinction (DN), Credit (CR), Pass (PS), Fail (FL).

6.2. Details of early feedback on progress

In week 3 of this course, your PICO question for Task 1 will be peer reviewed during your tutorial. In week 11/12 of this course, your group for Task 3 will engage in an online consultation and feedback session with your tutor to discuss and gain feedback on your progress with the needs assessment report.

6.3. Assessment tasks

DELIVERY MODE	TASK NO.	ASSESSMENT PRODUCT	INDIVIDUAL OR GROUP	WEIGHTING %	WHAT IS THE DURATION / LENGTH?	WHEN SHOULD I SUBMIT?	WHERE SHOULD I SUBMIT IT?
All	1a	Artefact - Technical and Scientific, and Written Piece	Individual	0%	Approximately 30 words	Week 3	In Class
All	1b	Artefact - Technical and Scientific, and Written Piece	Individual	30%	500 words	Week 5	Online Submission
All	2	Examination - not Centrally Scheduled	Individual	35%	90 minutes	Week 9	Online Test (Quiz)
All	3	Written Piece	Group	35%	3000 words	Week 13	Online Assignment Submission with plagiarism check

All - Assessment Task 1a: PICO

GOAL:	You will develop a PICO question to inform your search strategy.		
PRODUCT:	Artefact - Technical and Scientific, and Written Piece		
FORMAT:	Your PICO question for Task 1 will be peer reviewed during tutorial in week 3.		
CRITERIA:	No.		Learning Outcome assessed
	1	Design a search strategy and systematically acquire research relevant to a specific public health nutrition issue	3
GENERIC SKILLS:	Information literacy		

All - Assessment Task 1b: Evidence synopsis

GOAL:	You will follow the evidence based practice cycle to ask, acquire and appraise scientific research studies relating to a specific public health nutrition issue		
PRODUCT:	Artefact - Technical and Scientific, and Written Piece		
FORMAT:	500 word report plus appendices		
CRITERIA:	No.		Learning Outcome assessed
	1	Design a search strategy and systematically acquire research relevant to a specific public health nutrition issue	3
	2	Appraise scientific research studies relating to a specific public health nutrition issue	
	3	Demonstrate effective communication skills and competently integrate the use of appropriate technologies	
GENERIC SKILLS:	Problem solving, Information literacy		

All - Assessment Task 2: Mid-Semester Exam

GOAL:	You will demonstrate your understanding and application of the foundational knowledge and skills needed for public health nutrition practice.		
PRODUCT:	Examination - not Centrally Scheduled		
FORMAT:	The mid-semester exam will comprise of a combination of multiple choice and short answer questions, including case-based questions.		
CRITERIA:	No.		Learning Outcome assessed
	1	Examine the multi-dimensional, multi-factoral determinants of public health nutrition problems	
	2	Describe the theory underpinning community and public health nutrition practice and current public health nutrition issues within Australian communities	1
	3	Collect, assess and interpret information for PHN practice	5
	4	Apply systems thinking to examine factors that impact the nutrition and health of Aboriginal and Torres Strait Islander peoples	2
GENERIC SKILLS:	Communication, Problem solving, Organisation, Applying technologies		

All - Assessment Task 3: Needs Assessment

GOAL:	You will analyse and interpret data to assess the needs of a target population and report on your findings.		
PRODUCT:	Written Piece		
FORMAT:	3000 word written piece		
CRITERIA:	No.		Learning Outcome assessed
	1	Describe and evaluate methods used for assessing population needs in relation to public health nutrition issues	4
	2	Assess the needs of a community or subpopulation in relation to public health nutrition issues	5
	3	Demonstrate effective communication skills and competently integrate the use of appropriate technologies	
GENERIC SKILLS:	Communication, Collaboration, Problem solving, Organisation		

7. Directed study hours

A 12-unit course will have total of 150 learning hours which will include directed study hours (including online if required), self-directed learning and completion of assessable tasks. Student workload is calculated at 12.5 learning hours per one unit.

8. What resources do I need to undertake this course?

Please note: Course information, including specific information of recommended readings, learning activities, resources, weekly readings, etc. are available on the course Canvas site– Please log in as soon as possible.

8.1. Prescribed text(s) or course reader

Please note that you need to have regular access to the resource(s) listed below. Resources may be required or recommended.

REQUIRED?	AUTHOR	YEAR	TITLE	EDITION	PUBLISHER
Recommended	Roger Hughes	2011	Practical Public Health Nutrition	n/a	John Wiley & Sons

8.2. Specific requirements

There are no specific requirements.

9. How are risks managed in this course?

Risk assessments have been performed for all laboratory classes and a moderate level of health and safety risk exists. Moderate risks are those associated with laboratory work such as working with chemicals and hazardous substances. You will be required to undertake laboratory induction training and it is also your responsibility to review course material, search online, discuss with lecturers and peers and understand the health and safety risks associated with your specific course of study and to familiarise yourself with the University's general health and safety principles by reviewing the [online induction training for students](#), and following the instructions of the University staff

10. What administrative information is relevant to this course?

10.1. Assessment: Academic Integrity

Academic integrity is the ethical standard of university participation. It ensures that students graduate as a result of proving they are competent in their discipline. This is integral in maintaining the value of academic qualifications. Each industry has expectations and standards of the skills and knowledge within that discipline and these are reflected in assessment.

Academic integrity means that you do not engage in any activity that is considered to be academic fraud; including plagiarism, collusion or outsourcing any part of any assessment item to any other person. You are expected to be honest and ethical by completing all work yourself and indicating in your work which ideas and information were developed by you and which were taken from others. You cannot provide your assessment work to others. You are also expected to provide evidence of wide and critical reading, usually by using appropriate academic references.

In order to minimise incidents of academic fraud, this course may require that some of its assessment tasks, when submitted to Canvas, are electronically checked through Turnitin. This software allows for text comparisons to be made between your submitted assessment item and all other work to which Turnitin has access.

10.2. Assessment: Additional Requirements

Eligibility for Supplementary Assessment

Your eligibility for supplementary assessment in a course is dependent of the following conditions applying:

- (a) The final mark is in the percentage range 47% to 49.4%; and
- (b) The course is graded using the Standard Grading scale

10.3. Assessment: Submission penalties

Late submissions may be penalised up to and including the following maximum percentage of the assessment task's identified value, with weekdays and weekends included in the calculation of days late:

- (a) One day: deduct 5%;
- (b) Two days: deduct 10%;
- (c) Three days: deduct 20%;
- (d) Four days: deduct 40%;
- (e) Five days: deduct 60%;
- (f) Six days: deduct 80%;
- (g) Seven days: A result of zero is awarded for the assessment task.

The following penalties will apply for a late submission for an online examination:

Less than 15 minutes: No penalty
From 15 minutes to 30 minutes: 20% penalty
More than 30 minutes: 100% penalty

10.4. SafeUniSC

UniSC is committed to a culture of respect and providing a safe and supportive environment for all members of our community. For immediate assistance on campus contact SafeUniSC by phone: [07 5430 1168](tel:0754301168) or using the [SafeZone](#) app. For general enquires contact the SafeUniSC team by phone [07 5456 3864](tel:0754563864) or email safe@usc.edu.au.

The SafeUniSC Specialist Service is a Student Wellbeing service that provides free and confidential support to students who may have experienced or observed behaviour that could cause fear, offence or trauma. To contact the service call [07 5430 1226](tel:0754301226) or email studentwellbeing@usc.edu.au.

10.5. Study help

For help with course-specific advice, for example what information to include in your assessment, you should first contact your tutor, then your course coordinator, if needed.

If you require additional assistance, the Learning Advisers are trained professionals who are ready to help you develop a wide range of academic skills. Visit the [Learning Advisers](#) web page for more information, or contact Student Central for further assistance: +61 7 5430 2890 or studentcentral@usc.edu.au.

10.6. Wellbeing Services

Student Wellbeing provide free and confidential counselling on a wide range of personal, academic, social and psychological matters, to foster positive mental health and wellbeing for your academic success.

To book a confidential appointment go to [Student Hub](#), email studentwellbeing@usc.edu.au or call 07 5430 1226.

10.7. AccessAbility Services

Ability Advisers ensure equal access to all aspects of university life. If your studies are affected by a disability, learning disorder mental health issue, injury or illness, or you are a primary carer for someone with a disability or who is considered frail and aged, [AccessAbility Services](#) can provide access to appropriate reasonable adjustments and practical advice about the support and facilities available to you throughout the University.

To book a confidential appointment go to [Student Hub](#), email AccessAbility@usc.edu.au or call 07 5430 2890.

10.8. Links to relevant University policy and procedures

For more information on Academic Learning & Teaching categories including:

- Assessment: Courses and Coursework Programs
- Review of Assessment and Final Grades
- Supplementary Assessment
- Central Examinations
- Deferred Examinations
- Student Conduct
- Students with a Disability

For more information, visit <https://www.usc.edu.au/explore/policies-and-procedures#academic-learning-and-teaching>

10.9. Student Charter

UniSC is committed to excellence in teaching, research and engagement in an environment that is inclusive, inspiring, safe and respectful. The [Student Charter](#) sets out what students can expect from the University, and what in turn is expected of students, to achieve these outcomes.

10.10. General Enquiries

In person:

- **UniSC Sunshine Coast** - Student Central, Ground Floor, Building C, 90 Sippy Downs Drive, Sippy Downs
- **UniSC Moreton Bay** - Service Centre, Ground Floor, Foundation Building, Gympie Road, Petrie
- **UniSC SouthBank** - Student Central, Building A4 (SW1), 52 Merivale Street, South Brisbane
- **UniSC Gympie** - Student Central, 71 Cartwright Road, Gympie
- **UniSC Fraser Coast** - Student Central, Student Central, Building A, 161 Old Maryborough Rd, Hervey Bay
- **UniSC Caboolture** - Student Central, Level 1 Building J, Cnr Manley and Tallon Street, Caboolture

Tel: +61 7 5430 2890

Email: studentcentral@usc.edu.au